

CLAIMS

1. A method for coding heart rate information, the method comprising:
measuring (102) a person's heart beat intervals during a physical exercise;
storing (104) the measured heart beat interval information;
packing the measured heart beat interval information;
coding (106 to 118) the packed heart beat interval information into a format that is presentable after the exercise as sound collage such that the rhythm of the sound collage depends on the measured heart beat intervals and the duration of the sound collage is shorter than the time spent for measuring the heart beat intervals.
2. The method of claim 1, wherein the step of coding comprises:
selecting a musical genre of the sound collage to be used in coding.
3. The method of claim 1, wherein the music of the sound collage to be coded consists of digital sound packets that can be added to one another in temporal sequence and/or combined by summing at a given time instant.
4. The method of claim 1, wherein the step of coding comprises:
changing the sound scale of the music in the sound collage on the basis of changes in the length of the heart beat intervals.
5. The method of claim 1, wherein the step of coding comprises:
augmenting the sound scale of the music in the sound collage in accordance with the duration of the heart beat interval measurement.
6. The method of claim 1, wherein the step of coding comprises:
changing the rhythmical complexity of the music in the sound collage on the basis of the variation rate of the heart beat intervals.
7. The method of claim 1, wherein the step of coding comprises:
changing the volume of the music in the sound collage on the basis of the measured lengths of the heart beat intervals.
8. The method of claim 1, wherein the coding is performed after the physical exercise on the whole heart beat interval data collected from the physical exercise.
9. The method of claim 1, wherein the step of coding comprises:
generating from the sound collage music a sound collage that can be stored in a storing means.

10. An arrangement for coding heart rate information, comprising:
means (600A, 600B) for measuring a person's heart beat intervals;
means for storing (648) the measured heart beat interval information;

means (672) for packing the measured heart beat interval information;

means (654) for coding the packed heart beat interval information stored in the storing means (648) into a sound collage that is shorter in duration than the measurement time, the coding means comprising means (660) for selecting the rhythm for the music in the sound collage on the basis of the measured heart beat intervals.

11. The arrangement of claim 10, wherein the coding means comprise means for selecting a musical genre of the sound collage to be used in the coding.

12. The arrangement of claim 10, wherein the coding means comprise means for joining together digital sound packets that can be added to one another in temporal sequence and/or combined by summing at a given time instant.

13. The arrangement of claim 10, wherein the coding means comprise means for changing the sound scale of the music in the sound collage on the basis of changes in the length of the heart beat intervals.

14. The arrangement of claim 10, wherein the coding means comprise means for changing the sound scale of the music in the sound collage in accordance with the duration of the heart beat interval measurement.

15. The arrangement of claim 10, wherein the coding means comprise means for changing the rhythmical complexity of the music in the sound collage on the basis of the variation rate of the heart beat intervals.

16. The arrangement of claim 10, wherein the coding means comprise means for changing the volume of the music in the sound collage on the basis of the measured the heart beat intervals.

17. The arrangement of claim 10, wherein the measurement of the heart rate information takes place during a physically strenuous exercise.

18. The arrangement of claim 10, wherein the arrangement comprises means for generating from the encoded music a sound collage that can be stored in a storing means.

19. The arrangement of claim 10, wherein the arrangement is a heart rate monitor.

20. The arrangement of claim 19, wherein the heart rate monitor comprises means for presenting the generated sound collage.

21. The arrangement of claim 20, wherein the presenting means are a piezo element of the heart rate monitor.